

# Boundary Scripts for Dealing with Manipulators

*Practical Language for Setting and Maintaining Boundaries*

Setting boundaries with manipulative individuals requires clear, firm language that leaves no room for negotiation or guilt-tripping. These scripts provide practical phrases you can adapt to your specific situations.

## Setting Initial Boundaries

### When declining requests:

- "That does not work for me."
- "I am not available for that."
- "I have already made other commitments."
- "I need to decline, but thank you for thinking of me."

### When being pressured:

- "I have given you my answer. Asking again will not change it."
- "I understand you are disappointed, but my decision stands."
- "This is not up for discussion."
- "I do not owe you an explanation for my boundaries."

## Responding to Manipulation Tactics

### When they use guilt:

- "I understand you feel that way, but I am still not able to do what you are asking."
- "Your feelings are valid, and so are my boundaries."
- "I am not responsible for managing your emotions about my choices."

### When they gaslight:

- "I remember what happened clearly. We can agree to disagree."
- "I trust my own perception of events."
- "I do not need to defend my reality to you."

### When they threaten:

- "Threats will not change my position."
- "If you continue to threaten me, this conversation is over."
- "I am documenting this conversation."

## Ending Unproductive Conversations

- "This conversation is no longer productive. I am going to step away now."
- "I can see we are not going to agree. I am ending this discussion."
- "I will not engage with you when you speak to me this way."
- "We can revisit this when you are ready to communicate respectfully."

## Key Principles to Remember

- **Keep it brief.** Long explanations give manipulators material to work with.
- **Do not JADE.** Avoid Justifying, Arguing, Defending, or Explaining.
- **Stay calm.** Emotional reactions give them power over you.
- **Be consistent.** Changing your boundaries teaches them to keep pushing.
- **Accept discomfort.** Boundary-setting feels uncomfortable but is necessary.

From "Breaking Free from the Jezebel Spirit" by Dr. Johnathan Hines, DCC | [breakingfreefromjezebel.com](http://breakingfreefromjezebel.com)